



APRIL 2015



Nottingham Breakfast & Lunch Menus

CHEF MANNY PANDA'S NUTRITION FACTS

April Promotions!

With only two months of school to go, Food and Nutrition Services are excited about our upcoming promotions! On April 15th, look for the return of our **"Breakfast-for-Lunch"** themed meal of *whole-wheat pancakes and sausage*. This meal contains plenty of protein and fiber and will give you the energy to excel in the classroom.

Try-It Tuesday: Look for a new breakfast item on April 21st: **a whole-grain cinnamon roll!** Pair this with a piece of fruit and milk and consider your nutrition bases covered! Enjoy the warmer weather and keep eating healthy and working hard in the classroom☺.



Food and Nutrition Services Director:
Althea Albert-Santiago, 314-345-4519;
Director of Dining Services:
Mike Butler, 314-381-4155
SFE Associate Director of Nutrition
Operations: Megan Fraley, 314-381-4155



PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



SLPS

Nottingham Breakfast



Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Served Every Day ...

Assorted WG Low-Sugar Cereal
WG Toast and Margarine/Jelly

6- Apple Frudel **V**
Apple Juice, Diced Pears

7- Egg & Turkey Sausage
Taco w/Salsa
Orange Juice, Apple Sauce

1- Cinnamon French Toast
w/ syrup **V**
Grape Juice, Pineapple
Tidbits

2- Oatmeal **V**
Apple Juice
Sliced Peaches

3- No School

13- Mini Cinni Roll **V**
Apple Juice, Pineapple
Tidbits

14- Egg & Turkey Sausage
English Muffin Sandwich
Orange Juice, Apple Sauce

8- Banana Loaf **V**
Grape Juice, Pineapple
Tidbits

9- Pancakes & Turkey
Sausage w/ syrup
Apple Juice, Sliced Peaches

10- Egg & Cheese Croissant
Sandwich **V**
Orange Juice, Fresh Banana

20- Egg, Turkey Sausage &
Cheese Biscuit Sandwich
Apple Juice, Sliced Peaches

21- **TRY-IT TUESDAY**
Whole-grain cinnamon roll **V**
Grape Juice, Pineapple
Tidbits

22- Waffles w/ syrup **V**
Orange Juice, Fresh Banana

23- Pineapple & Vanilla
Yogurt Parfait **V**
Apple Juice, Diced Pears

24- Breakfast on Stick w/
syrup
Orange Juice, Pineapple
Tidbits

27- Colby Cheese Omelet
w/ Salsa **V**
Apple Juice, Fresh Orange

28- Turkey Ham, Egg, &
Cheese Quesadilla w/ Salsa
V
Orange Juice, Fresh Banana

29- Cinnamon French Toast **V**
Grape Juice, Pineapple
Tidbits

30- Oatmeal **V**
Apple Juice, Sliced Peaches

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Menu is subject to change
SLPS is a pork-free district
All recipes made with whole grains
Vegetarian items **V**

Elementary School Menu Prices:

Student Second Lunch \$1.10	Student Second Breakfast \$1.15
Adults Lunch \$2.50	Adult Breakfast \$2.25
	Milk \$0.40

First Meals for both Breakfast and Lunch are Free

Milk

Reduced Fat Milk Variety
Offered Daily

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SLPS

Nottingham Lunch

Fresh Fruit and Vegetable Bar Served Daily!



April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1- Sun Butter & Jelly Sandwich V Chef Salad w/ Roll Fish Patty Sandwich 5-Way Mixed Vegetables	2- Salisbury Steak w/ Roll & Rice Turkey & Cheese Sandwich Chef Salad w/ Roll Corn Kernels	3- No School
6- Meatloaf w/ Roll & Rice Sun Butter & Jelly Sandwich V Chef Salad w/ Roll Winter Mix Vegetables	7 Pretzel Bun Grilled Cheese Sandwich V Chef Salad w/ Roll Grilled Cheese Sandwich V Seasoned Sweet Potato Fries	8- Turkey Ham, Turkey, & Cheese Sandwich Chef Salad w/ Roll Fish Patty Sandwich Green Peas	9- Turkey Sandwich Chef Salad w/ Roll Country Fried Steak w/ Roll Cooked Crinkle Cut Carrots	10- Cheese Pizza V Pepperoni Pizza Chef Salad w/ Roll 5-Way Mixed Vegetables
13- Chicken Teriyaki w/ Brown Rice Sun Butter & Jelly Sandwich V Chef Salad w/ Roll Tater Gem	14- Baked Rotini w/ Vegetables & Breadstick V Turkey Ham Sub Chef Salad w/ Roll Green Peas	15- BREAKFAST FOR LUNCH Pancakes & Turkey Sausage Turkey & Cheese Sandwich Chef Salad w/ Roll Corn	16- Turkey Ham Macaroni & Cheese Sun Butter & Jelly Sandwich V Chef Salad w/ Roll Italian Vegetables	17- Chicken Nuggets w/ Roll Cheese Sandwich V Chef Salad w/ roll Green Beans
20- Pasta Primavera w/ Chicken & Breadstick Turkey Ham, Turkey, & Cheese Sandwich Chef Salad w/ Roll Crinkle Cut Carrots	21- Sun Butter & Jelly Sandwich V Turkey Sub Chef Salad w/ Roll 5-Way Mixed Vegetables	22- Country Fried Steak w/ Roll Chef Salad w/ Roll Chicken Nuggets w/ Roll Mashed Potatoes	23- Turkey Sandwich Spaghetti w/ Meatsauce & Breadstick Chef Salad w/ Roll Broccoli w/ Cheese Sauce	24- Chef Salad w/ Roll Pepperoni Pizza Cheese Pizza V Corn
27- Cheeseburger Turkey & Cheese Sub Chef Salad w/ Roll Seasoned Potato Wedges	28- Turkey Ham & Cheese Sandwich Chef Salad w/ Roll Beef Nachos Fresh Steamed Broccoli	29- Sun Butter & Jelly Sandwich V Turkey Chili Dog w/ Saltines Chef Salad w/ Roll 5-Way Mixed Vegetables	30- Salisbury Steak w/ Roll & Rice Turkey & Cheese Sandwich Chef Salad w/ Roll Cooked Crinkle Cut Carrots	

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Milk

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